Operate a Vegetable Steamer

Marine Corps Food Service Schools

Marine Corps Detachment

Fort Lee, VA

TERMINAL LEARNING OBJECTIVE

In a food service environment, given appropriate equipment, appropriate tools and personnel, operate Food Preparation and Service Equipment (FPSE), to ensure equipment is operated safely and correctly. (3381-GARR-1500)

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ENABLING LEARNING OBJECTIVE

- **Given a vegetable steamer, subsistence supplies, cooking utensils and references, operate a vegetable steamer, to ensure all products are prepared in accurate quantities, acceptable quality and in a timely manner. (3381-GARR-1500g)**
- **Given a grill, brazier, deep-fat fryer, oven, food processing equipment, steam-jacketed kettle, vegetable steamer, steam table, food warmer, tools and references, perform user level maintenance, to ensure all government assets remain in 100% operating and serviceable condition. (3381-GARR-1500j)**
- **Given a grill, brazier, deep-fat fryer, oven, food processing equipment, steam-jacketed kettle, vegetable steamer, steam table, food warmer, tools and cleaning supplies, clean Food Preparation and Serving Equipment (FPSE), to ensure all government assets remain free of food borne contaminants.(3381-GARR-1500k)**

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OPERATION OF THE VEGETABLE STEAMER

- **Guidelines for Use of Vegetable Steamer**
  - **Saves cooking time, labor, help maintain appearance of food, and preserve nutrients normally lost by other cooking methods**
  - **Ideal for batch preparation**
  - **Foods may be steamed and served in the same pan**

- **Vegetable Steamer Types**
  - **5 lb pressure - internal temperature of the steamer is 225º to 228º F**
  - **15 lb pressure - internal temperature is 245º to 250º F**

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OPERATION OF THE VEGETABLE STEAMER

- Most fresh or frozen vegetables, rice, pasta, poultry, meats, fish and shellfish can be cooked
- Canned vegetables can be quickly heated
- Food may be steamed in perforated or solid pans
- Perforated pans are usually used
- Pans are normally filled not more than 2/3 full
- Ensure to use timer to prevent overcooking
- Cooking times will vary dependant on
  - Type of steamer
  - Food temperature
  - Quantity for the product.

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OPERATION OF THE VEGETABLE STEAMER

- **Operating Procedures**
  - **Close manual blow down drain valve**
  - **Ensure that pilot burner flame is ON (gas only)**
  - **Turn power switch ON**
  - **Wait 20 minutes (only required when first used for the day)**
  - **When READY light is on, preheat cooking compartment for 1 minute**
    - **Close door**
    - **Turn timer knob to “1”**
    - **Ready light will go off and COOKING light will come on**
    - **When buzzer sounds, open and close door to silence buzzer**

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OPERATION OF THE VEGETABLE STEAMER

- **Operating Procedures (con't)**
  - Place pans of food into cooking compartment
  - Shut door
  - Turn timer knob to desired cooking time
  - The buzzer will sound when the cooking cycle ends
  - Open door
  - Remove cooked food
  - Release steam slowly for safety and to preserve skins of vegetables
  - Leave steamer doors ajar for cooling and to preserve door gaskets

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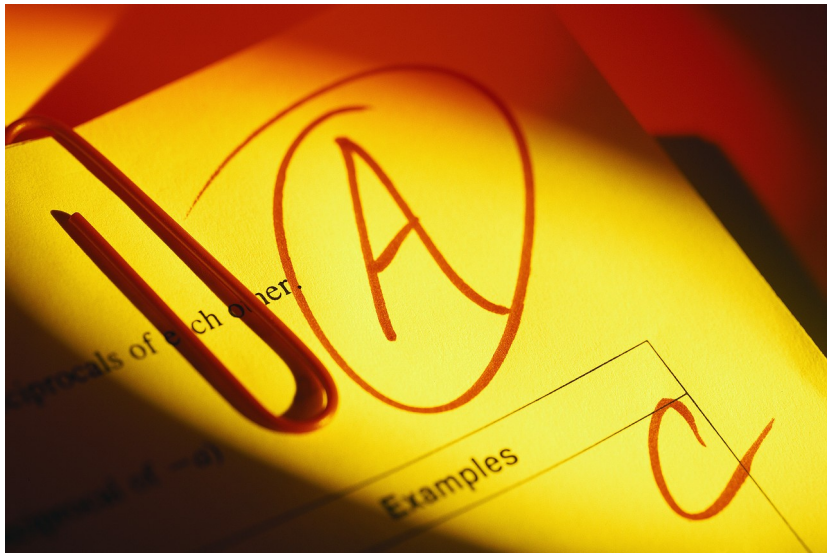
CHECK ON LEARNING



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CARE AND MAINTENANCE OF THE VEGETABLE STEAMER

- **Daily Cleaning**
  - Turn power switch OFF
  - Allow unit to cool
  - Drain or remove water from the steamer
  - Use a mild detergent to clean vegetable steamer cavity
  - Rinse completely with warm water
  - Dry steamer cavity
  - Wipe down all exterior surfaces
  - Check rubber gasket for serviceability

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CARE AND MAINTENANCE OF THE VEGETABLE STEAMER

- **Weekly Cleaning**
  - **Scale deposits may be removed using a plastic scouring pad and a de-scaling agent approved for use on stainless steel**
  - **Rinse thoroughly with a solution of vinegar and water to neutralize all cleaner residues**
  - **Wipe the steamer cavity dry**
  - **Leave steamer door slightly opened**

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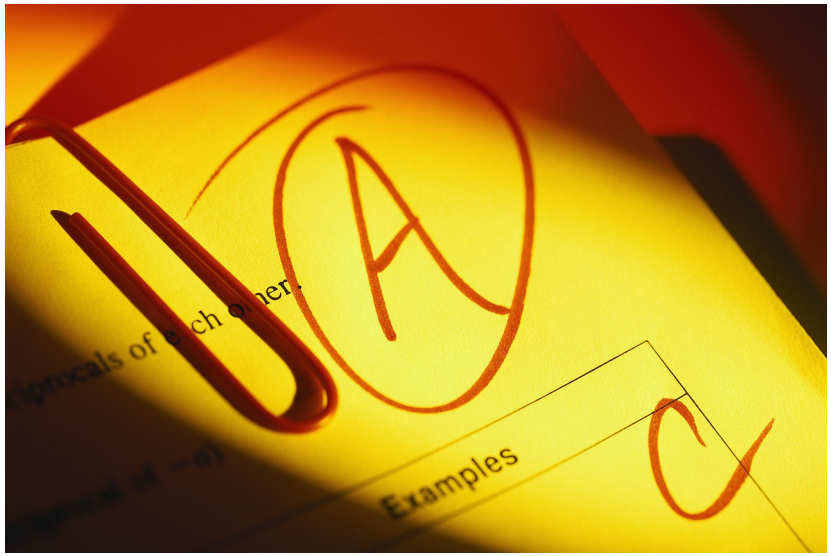
CHECK ON LEARNING



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SUMMARY

During this period of instruction we have covered:

(1) Operation of the Vegetable Steamer

(2) Care and Maintenance of the Vegetable Steamer

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DEMONSTRATION

Muster around the Vegetable Steamer for a Demonstration

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